

News Leader

FORT SAM HOUSTON

SEPTEMBER 11, 2015
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877-995-5247**

**JBSA Sexual Assault Hotline
808-SARC (7272)**

**JBSA Domestic Abuse Hotline
367-1213**

**JBSA Duty Chaplain
221-9363**

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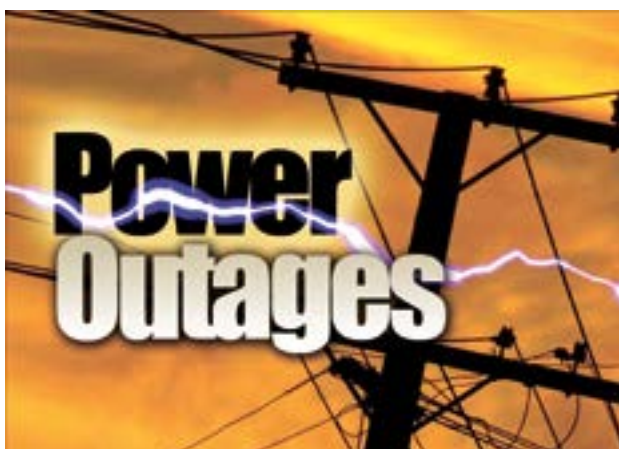
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MODERN MILITARY PENTATHLON RETURNS



Annie Blakely, Fort Sam Houston Equestrian Center therapeutic riding instructor, and "Widowmaker" demonstrate the equestrian portion of the modern pentathlon at the Army North Brigade Health Promotion meeting at the Quadrangle Sept. 2. In the equestrian event, competitors will not be allowed to ride their own horses. Instead, they must "draw" a horse shortly before competing to demonstrate their horsemanship on an unfamiliar steed. For article and more photos, turn to Pages 10-11.

Photo by
Sgt. Christian A. Turner

Civil-military relations seminar strengthens U.S. Army South-Chile bond

By Sgt. Mahlet S. Tesfaye
U.S. Army South Public Affairs

More than 100 participants from the military and government of Chile, intergovernmental organizations, non-governmental organizations and the U.S. Army, including members of U.S. Army South, gathered in Santiago, Chile, to conduct a Civil-Military Relations Professional Development Exchange seminar Aug. 16-21.

The purpose of the professional development exchange seminar was to exchange tactics,

techniques and procedures on humanitarian assistance/disaster relief operations, gain understanding of and improve the capability of Chile to plan, command and control, integrate, synchronize and coordinate humanitarian assistance/disaster relief operations.

Lt. Col. Larry Roberts, Army South chief of space and special technical operations believes the professional development exchanges such as this have a positive impact on the relationship between the U.S. Army and Chilean army.

"By conducting the exchange, it opens the door between the United

States and Chilean military and civilian organizations to focus on support to civil defense for emergencies and catastrophic events," Roberts said.

Army South's mission is to conduct operations that build theater security cooperation between U.S. and partner nations like Chile through an exchange of information.

In past years, Chile and U.S. Army South have had several military and civil expert exchanges in logistics, justice, health, aviation,

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Secretary of Defense Ash Carter fields questions during televised global troop talk

By Amaani Lyle
DOD News, Defense Media Activity

Secretary of Defense Ash Carter crossed continents and engaged with the services via television and across social media platforms today in an unprecedented live, worldwide troop talk from a Defense Media Activity studio at Fort Meade, Md., Sept. 1

Carter emphasized that people, in tandem with technology, are critical to the United States keeping its edge as the Department of Defense looks to frontiers including hypersonics, biotechnology and cyberspace as part of the "Force of the Future" landscape.

"Our planes, ships and tanks, in order to function effectively, require networking," Carter said. "The biotech revolution is going to be even more consequential than the information revolution."

But Carter acknowledged that like all other technological revolutions, the harvest could be used for good or for ill. "We want to make sure it's used for good, and we want to make sure that we're the best at combating any use of it for ill," the secretary said.

On the heels of recent travels that included meeting with service members in Illinois, Nevada and California, Carter emphasized taking the utmost care in matters of troop readiness, employment and training.

He commended service members at Nellis Air Force Base, Nev., and Marine Corps Base Camp Pendleton, Calif., for their performance in training to counter high-end threats and to leverage new technologies with air and amphibious operations.

"We're refocusing on full-spectrum conflict and the whole range of emergencies," he said.

Carter also visited Silicon Valley on his trip. During his troop talk, he related the importance of building bridges between industry and the "small slice of society" who serve in the military apply technology to warfare.

Aligning DOD goals with new generations and thought processes is critical, the secretary maintained, noting a new era of family, mobility, home life, learning, training and transition that service members face. The force of the future must use the best of new techniques while thinking and self-challenging to build the most capable, competent team for the nation's defense in the years to come, he added.

Carter also responded to questions regarding the fate of military pay.

"We can't pay you enough for what we ask you to do," he said. "In addition to paying you more, I want to make sure you're fully trained. I want to make sure you have the best equipment and I want to make sure there are enough of you



Photo by Air Force Master Sgt. Adrian Cadiz

Defense Secretary Ash Carter hosted a worldwide troop talk, the first of its kind, at the Defense Media Activity of Fort Meade, Md., Sept. 1. Carter answered questions from service members around the world.

to carry us to victory."

The secretary noted the necessity of a fixed budget to meet defense needs without paring military families' income.

"There's never a single discussion of cutting people's pay, but we are discussing changing the rate at which pay is increased annually," Carter said, adding that this scenario is a reality he does not like. "I'm not going to change the game on anybody who signed up with a given understanding about retirement," he said.

Carter recognized ongoing challenges in the Asia-Pacific region, where the DOD has focused attention in recent years and where he said U.S. forces must remain ready to "fight tonight."

"Since 1953, American troops have been deterring North Korean aggression," Carter said. "It's probably the single

place on the world where war could erupt at the snap of our fingers."

The secretary also fielded questions from the studio audience, including a query from a soldier who asked about the possibility of a policy throughout the DOD for maternity leave, citing recent Navy leave enhancements for families.

"This gets back to making family life compatible with military life," Carter said, calling it an important consideration. "I don't want you to have to choose between your family and serving us."

Carter also spoke with an Air Force senior airman at Thule Air Base, Greenland, who asked about the DOD's capability intentions there. The secretary noted the base's critical capability for early detection of ballistic missile attacks against the United States and the need to keep its radars mod-

ern, sensitive and ready. "Thule is one of the places that ballistic missiles would overfly if they were en route to the United States," he pointed out.

The secretary next responded to a soldier in Kuwait who asked him about the significance of two women graduating last week from Army Ranger School.

"That's a big deal for anybody - male or female - to get through Ranger school," Carter replied. "What matters most is who is qualified and who can meet the rigorous standards of service. I want to have the widest possible pool of people into which we can draw the force of the future."

Carter emphasized that he plans to cast a wider net in selecting the best candidates who can meet specific service standards. "It's important at all ranks," he added. "There's a huge benefit to it."

Carter also addressed defeating terrorist groups such as the Islamic State of Iraq and the Levant, telling his worldwide audience that it requires an inside-out approach in a battle of "civilization against barbarity."

"The trick is to defeat ISIL in a lasting way," Carter said. "Our strategic approach is to enable capable and motivated ground forces that are local and can keep the peace after we've helped them win the peace."



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News Briefs

JBSA Sustainability Expo

Learn more about the Department of Defense Sustainable Procurement Program and how to comply with DOD and federal regulations and directives at the Joint Base San Antonio Sustainability Expo from 9:30 a.m. to 1:30 p.m. Thursday at the Gateway Club, 1650 Kenly Ave., JBSA-Lackland. The free expo features vendors and organizations that supply bio-preferred, recycled content, as well as energy-efficient, water-efficient and "green" services. Workshops are offered at 10, 10:45 and 11 a.m. by the U.S. Army Public Health Command to help organizations understand their responsibilities under the program. For more information, email sgreenspan@fdaexpo.com.

JBSA Suicide Prevention 5K Run For Life

The 2015 5K Run For Life takes place at all Joint Base San Antonio locations, with free registration at 7 a.m. and the run beginning at 8 a.m. on the respective dates. The run takes place Sunday at Worth and Stanley Roads at JBSA-Fort Sam Houston, Eberle Park at JBSA-Randolph Saturday and the Gillum Fitness Center on JBSA-Lackland Sept. 26. The event promotes awareness of the resources available to assist service members and their families with fitness, resiliency and suicide prevention. There are awards for the top three male and female runners and all participants receive an "I Run For Life" reflective belt and finisher's dog tag, while supplies last. For more information, visit <http://www.facebook.com/JBSArunforlife> and <http://www.facebook.com/JointBaseSanAntonio>.

Wounded Warriors, Families, Transitioners Career Fair

Joint Base San Antonio-Fort Sam Houston hosts the bi-annual Hiring Heroes Career Fair from 9 a.m. to 2 p.m. Wednesday at the Sam Houston Community Center. The career fair provides an opportunity for wounded warriors, transitioning service members, spouses and veterans to network, collect information and speak face-to-face with more than 65 Department of Defense, federal and private sector recruiters and employers about civilian career opportunities. Individuals at-

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AMEDDC&S, HRCoE selects 2015 Best Medic team

By Esther Garcia
AMEDDC&S, HRCoE
Public Affairs

First Sgt. Robert Brannock and Sgt. 1st Class Steven Sic from the Academy Brigade, U.S. Army Medical Department Center and School, U.S. Army Health Readiness Center of Excellence, were among the nine candidates who competed as a team in the AMEDDC&S, HRCoE 2015 Best Medic Competition held at Camp Bullis Sept. 2.

As the top performing team, Brannock and

Sic will represent the AMEDDC&S, HRCoE, in the upcoming Command Sergeant Major Jack L. Clark, Jr. Best Medic Competition Oct. 27-30 at Camp Bullis to earn the title of the "Army's Best Medics."

During an awards ceremony held Sept. 3 in Blesse Auditorium, Willis Hall, at AMEDDC&S, HRCoE, Maj. Gen. Steve Jones, commanding general, and Command Sgt. Maj. Andrew Rhoades presented Brannock and Sic with the Army Commendation Medal.

Sgt. 1st Class Ant-

wan Williams, Academy Brigade, AMEDDC&S, HRCoE, was recognized as the top overall winner, or scorer, and was presented with the Army Commendation Medal.

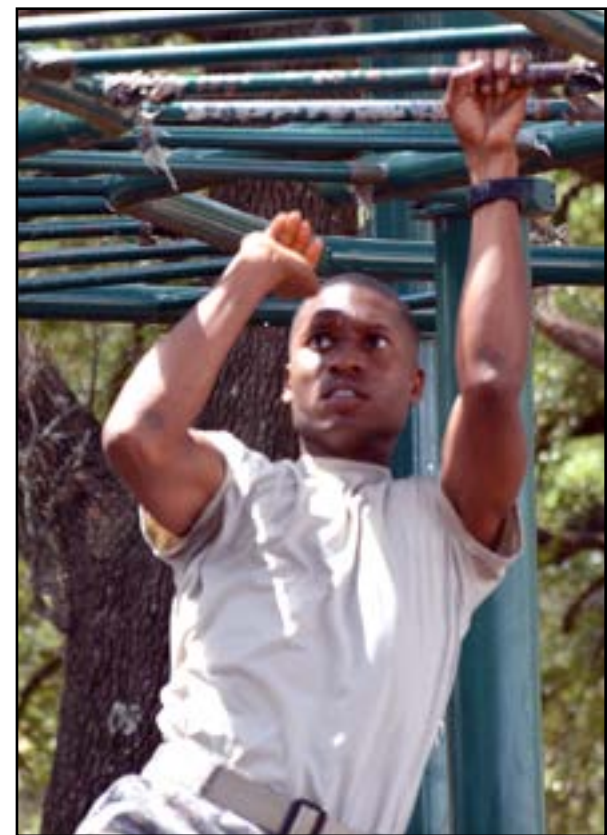
"The competition was hard," Williams said. "I enjoyed the competition and I encourage other noncommissioned officers to compete."

The six other competitors included 1st Sgt. Neil Mulvaney and Sgt. 1st Class Matthew Williams, Noncommissioned Officers Academy; and Staff Sgt. Stephen Johnson, Staff Sgt. Edward Noring, Staff Sgt. Jovan Salazar, and Staff Sgt. Kenneth Simmons, with 32nd Medical Brigade. Jones and Rhoades presented each candidate with a Certificate of Achievement for participation in the competition.

The competition test the competitor's mental and physical challenge that began at 1 a.m. with a 12-mile road march and included land navigation, a written exam, weapons qualification on an M16 rifle, the obstacle course, the physical fitness challenge and warrior task and battle drills.

The competitors not only battled fatigue but the heat as the competition continued late into the afternoon.

"The competition was physically and mentally tough, it was well put together and pushed all of us to our limits," said first-time competitor Brannock, first sergeant for Company C, 187th



Sgt. 1st Class Antwan Williams tackles the "Tarzan bars" at the obstacle course during the 2015 U.S. Army Medical Department Center and School, U.S. Army Health Readiness Center of Excellence Best Medic competition at Camp Bullis Sept. 2. Williams is with the Academy Brigade and was the overall top individual scorer.

Medical Battalion.

"I had the opportunity to compete and I jumped on it," Sic said. "I enjoy doing things like this and makes me

feel like when I was a specialist again. Anytime I have the opportunity to be one of those line guys again, I would gladly take it."



First Sgt. Robert Brannock, Academy Brigade, U.S. Army Medical Department Center and School, U.S. Army Health Readiness Center of Excellence, reacts to enemy gun fire at the warrior task and battle drills lanes during the 2015 AMEDDC&S, HRCoE Best Medic competition at Camp Bullis Sept. 2.



Photos by Esther Garcia

Sgt. 1st Class Steven Sic, Academy Brigade, U.S. Army Medical Department Center and School, U.S. Army Health Readiness Center of Excellence, jumps off a balancing log during the 2015 AMEDDC&S, HRCoE Best Medic competition at Camp Bullis Sept. 2.

FORMER METC STUDENT RECOGNIZED FOR SAVING A LIFE

A former Medical Education and Training Campus student has been recognized for saving a life. Airman 1st Class Seth Pack, a graduate of the Basic Medical Technician Corpsman Program at METC, was recognized Sept. 1 by Brig. Gen. Trent Edwards, commander of the 37th Training Wing at Joint Base San Antonio-Lackland, for rescuing a drowning victim. Pack, who just started his phase II clinical training at JBSA-Lackland, was swimming with friends at Lake Travis in Austin, Texas, Aug. 8 when he witnessed a teenage boy who appeared to be drowning after jumping from a cliff face. Pack said the boy's friends panicked and didn't know what to do. Pack jumped in and performed a water rescue, then helped the boy to shore and assessed him using his newly gained medical skills. After ensuring he was well enough to walk and that further medical attention was not needed, he escorted the boy back to his family.



Photo by Robert Rubio

U.S. ARMY SOUTH CIVILIAN PROMOTED TO CAPTAIN IN NAVY RESERVES



Photo by Eric Lucero

Maj. Gen. K.K. Chinn (left), U.S. Army South commanding general, speaks to members of the command during the promotion ceremony for Navy Reserve Capt. Charles Koutras, Department of the Army civilian assigned to the Judge Advocate Office at Army South, while Koutras' family watches at the command's headquarters on Fort Sam Houston Sept. 3.

SGT. AUDIE MURPHY CLUB TREAT FISHER HOUSE RESIDENTS TO DINNER



Photo by Esther Garcia

Sgt. Audie Murphy Club members (from left) Staff Sgt. Amy Davis, president; Sgt. 1st Class Justin Puls; Sgt. 1st Class Ebony Alexander; Sgt. 1st Class Rommel Fuentes; and Staff Sgt. Lekita Singleton pose with a Fisher House resident who came by to pick up food provided by the club members for the residents. "We try to do this event semi-annually as a way to repay the families for their service and to appreciate what they are doing," Davis said.

News Briefs

Continued from P3

tending are encouraged to have their resumes reviewed. The career fair is sponsored by the Defense Civilian Personnel Advisory Service (Recruitment Assistance Division), Alexandria, Va. For more information, call 571-372-2123. For resume assistance, call the Transition Assistance Program office at 221-1213.

JBSA Air Force Birthday Ball

The 2015 Joint Base San Antonio Air Force Birthday ball takes place Sept. 18 at the JW Marriott San Antonio Hill Country Resort and Spa, 23808 Resort Parkway. Social hour begins at 6 p.m. with dinner at 7 p.m. Attire is mess dress or semi-formal uniform for military members and formal (black tie and tuxedo) for civilians. Ticket prices are \$70 for E-8, E-9, O-4 through O-10 and GS-11 and above; \$60 for E-7, O-1 through O-3 and GS-7 through GS-10; \$40 for E-5 and E-6, GS-5 and GS-6; and \$25 for E-1 through E-4 and GS-1 through G-4. For tickets, visit <https://einvitations.afit.edu/inv/anim.cfm?i=256363&k=0064440A7D54>. For more information, send an email to 502abw.ccc.jbsaball@us.af.mil.

Hispanic American Heritage Month

The Joint Base San Antonio-Fort Sam Houston Hispanic American Heritage Month cultural celebration is sponsored by U.S. Army South and takes place at 11 a.m. Sept. 25 at the Fort Sam Houston Theater and includes food, dancing and music.

Airmen Powered By Innovation

Have an innovative idea that can launch efficiencies and increase cost savings across the Air Force? You can submit your ideas online to the Airmen Powered by Innovation website at <https://ipds.afpc.randolph.af.mil> or through the Air Force Portal. Your ideas should describe, in sufficient detail, the current method, proposed method, expected benefits and cost of implementation to support the idea. The API website provides tools that can help refine and enhance potential submissions. Submitters can query previously submitted API ideas, search to see if an idea has been submitted already, see what ideas have been approved and check status. Once

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NMTSC smoke-free campus a success

By Petty Officer 1st Class
Jacquelyn D. Childs
NMETC Public Affairs

After becoming one of the first Navy commands to go 100 percent smoke-free in January, the Navy Medicine Training Support Center, located at Joint Base San Antonio-Fort Sam Houston, reported full success Aug. 28 and promising trends for future and current Sailors.

NMTSC provides administrative and operational control over Navy staff and students assigned to the Medical Education and Training Campus and other medical training programs in the San Antonio area.

"We implemented this policy Jan. 1 and I believe this has significant impact to the health and welfare to our newest healthcare providers," said Navy Capt. Denise Smith, NMTSC commanding officer.

The command's newest tobacco-use policy is one of the strictest command smoking policies in the Navy.

"Before we did this, the only internal instruction was for students not to use tobacco on the actual campus itself," said Chief Petty Officer James Pell, NMTSC command fitness leader and smoking cessation program coordinator. "Under



Photo by Petty Officer 3rd Class Robert N. Wilson

The Navy Medicine Training Support Center, located at Joint Base San Antonio-Fort Sam Houston, became one of the first Navy commands to go 100 percent smoke-free in January.

the new program, students and staff are not allowed to use any tobacco products on base at all."

Leadership at the command, including Smith and Pell, believe the training environment for future healthcare providers should promote the healthiest lifestyle possible.

"We're the epitome of healthcare," Pell said. "You should be physically fit. You should be able to answer the questions and lead by example. If you're out there standing on the smoke deck next to your fellow Marine or Sailor, who are they going to turn to if they want to quit? It's not going to be you."

Through the program, Pell and a small team of Sailors inform incoming staff and students during their command indoctrination about the policy and smoking cessation class offered to them during their time at NMTSC.

The class encourages Sailors to quit smoking and provides them with resources and support they might need. Students who finish the class can go to the troop medical clinic to receive extra help in the form of prescription patches and medication to help them stay off nicotine.

"Overall the program has been more of a success," said

Pell, who said 13 Sailors have gone through the class already with a 100 percent success rate. "It's hard to get students into a smoking cessation class. The nice thing is that boot camp has the same no-smoking policy, so typically they're showing up here after already withholding their tobacco use."

Aside from the class, Sailors can attend monthly support meetings, and a display booth is set up quarterly to continue raising awareness about the program and its many benefits.

"I encourage those who want to quit to come to the course," said Petty Officer 3rd Class Matthew Koepp, the assistant command fitness leader. "You can't force someone to quit. But if someone is interested, I tell them to come out and get the resources you need and the medications if you decide to take that route. I highly recommend it."

Their time at NMTSC is the perfect opportunity for Sailors to kick any tobacco addictions. Between boot camp at Great Lakes, Ill., followed by the Basic Medical Training Course "A" School, graduating hospital corpsmen are now entering the fleet after more than 22 weeks of strictly enforced no-smoking policies.

BAMC hosts post-wide celebration to commemorate Women's Equality Day

By Lori Newman
BAMC Public Affairs

Brooke Army Medical Center hosted a post-wide event at the Fort Sam Houston Theater Aug. 26 to commemorate Women's Equality Day.

Women's Equality Day celebrates the 19th Amendment to the United States Constitution which was certified as law Aug. 26, 1920, granting women the right to vote.

"On Women's Equality Day we commemorate and pay a debt of gratitude to the trailblazers who fought for our suffrage and made a more just and prosperous future for all of us," said acting BAMC Commander Army Col. Richard Evans, deputy commander for nursing.

"We honor these courageous heroes and celebrate how far we have come in the decades since and acknowledge that

there is still work to be done.

"In the 95 years since the 19th amendment was certified women have made strides in every facet of American life and we have learned that our country succeeds when women succeed," Evans added.

Evans listed many of the positive impacts women have made throughout U.S. history.

"We can only chart the way



Photo by Robert Shields

Retired Army Command Sgt. Maj. Eva Lacy, who currently serves as the Sexual Harassment/Assault Response and Prevention program manager at Southern Regional Medical Command speaks at the Fort Sam Houston Theater Aug. 26 to commemorate Women's Equality Day.

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ARMY HONORED AT SAN ANTONIO MISSIONS MILITARY APPRECIATION NIGHT

Lt. Gen. Perry Wiggins (left) presents San Antonio Missions general manager Dave Gasaway with an Army North baseball jersey at the team's Military Appreciation Night at Nelson Wolff Stadium in San Antonio Sept. 2. Wiggins is the commanding general of U.S. Army North (Fifth Army) and senior Army commander of Fort Sam Houston and Camp Bullis. The Missions are the Double-A minor-league affiliate of the San Diego Padres Major League Baseball team and play in the Texas League.



323rd Army Band "Fort Sam's Own" vocalist Sgt. Katherine Bolcar sings the National Anthem before the San Antonio Missions Military Appreciation Night game at Nelson Wolff Stadium in San Antonio Sept. 2.
Photos by Sgt. Christian A. Turner



Musicians from the 323rd Army Band "Fort Sam's Own" entertain San Antonio Missions baseball fans prior to the team's Military Appreciation Night game at Nelson Wolff Stadium in San Antonio Sept. 2.



Lt. Gen. Perry Wiggins waves to San Antonio Missions fans prior to throwing out the first pitch at the team's Military Appreciation Night against the Midland Rockhounds Sept. 2. San Antonio defeated Midland, 11-1, in the game.

59th Medical Wing initiative gives patients more voice

By Staff Sgt. Kevin linuma
59th Medical Wing Public Affairs

Beneficiaries who visit 59th Medical Wing treatment facilities are helping the wing improve health care and perfect the patient experience thanks to a new High Reliability Office initiative focused on customer service.

The Voice of the Patient initiative solicits patients to participate in focus groups, executive meetings and other venues that help the medical wing improve health care processes. During the first focus group meeting, held Aug. 27 at the Wilford Hall Ambulatory Surgical Center in the Gateway Innovation Center, patients offered open and honest feedback.

"Our mission focuses on patient-centered

care. Every facet of our business, every process – from ordering supplies, to the time the patient leaves our facility – affects the entire patient experience and must be highly reliable. As medical professionals, we must be mindful in everything we do, every task, and listen to the patients when we can do better," said Senior Master Sgt. Anitra Mostacero, 59th MDW High Reliability Office superintendent.

With a commitment to patient safety, the 59th MDW is transforming into a high reliability organization. During the transformation, the wing is striving to improve every aspect of patient care, something it simply can't do without input from patients, Mostacero explained.

To properly focus efforts and resources, the wing must improve on what patients think is important, not just what the staff thinks is important, said Army Col. John Ekstrand, 59th MDW chief medical officer.

"Most of the people who work at the 59th MDW are patients as well, so we assume we know what the problems are. However, as members of the staff, our patient experience can be very different from someone who doesn't work here," Ekstrand said.

"We need to understand the patient experience from the full range of our customers so we can identify problems we might be blind to currently," he added.

Prior to the first focus group discussion, several



Photo by Air Force Staff Sgt. Kevin linuma

Sylvia Flores, a community readiness consultant, writes down topics during a discussion between beneficiaries participating in a 59th Medical Wing High Reliability Office focus group meeting Aug. 27. Flores is with the Joint Base San Antonio-Lackland Military and Family Readiness Center satellite office located at the Wilford Hall Ambulatory Surgical Center. Inputs from beneficiaries who participated in the event will help the 59th MDW enhance patient services.

ground rules were set to put patients at ease and encourage maximum participation. The moderator wanted to hear a wide range of opinions and everyone was asked

to contribute, even if they disagreed.

Participants were also reassured that, while responses would be used to create an internal report, patients wouldn't be iden-

tified by name and would remain anonymous. "In creating a friendly environment, the voice of the patient can be heard," Mostacero said.

"We hope to glean poignant information to use as a springboard for our administrators to make necessary day-to-day changes, ultimately propelling us into high reliability operations," she said.

For the participants, the opportunity to help improve patient care was rewarding.

"I'm excited. I learned new things about patient care today and saw that there are things changing already. With these focus groups, things are going to change even more,"

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WOMEN from P6

ahead with esteemed women leaders like our guest today,” Evans said, introducing guest speaker retired Army Command Sgt. Maj. Evy Lacy, who currently serves as the Sexual Harassment/Assault Response and Prevention program manager at the Southern Regional Medical Command.

Lacy spoke about the women in history who played a part in the suffrage movement and

the challenges our past generations have faced.

“Thanks to the strong voices of the past ... we can now say that all citizens are created equal under the law. We can recognize and celebrate women in all walks of life,” she said.

Lacy listed several female military leaders who are present day role models such as Lt. Gen. Patricia D. Horoho, the Army Surgeon General and commanding general of U.S. Army Medical Command, as well as

retired Gen. Ann E. Dunwoody, who was the first woman four-star general officer.

“I believe it is my responsibility and yours to value, to encourage and to prepare all young women and men for the challenges ahead so that they are ready to be successful contributors to the global society of the future,” Lacy said.

She encouraged everyone not to forget the past and to celebrate the progress we have made.

“Let’s renew our hope

and commitment as U.S citizens that others around the world will someday enjoy the freedom and opportunities that we enjoy,” Lacy said.

“As part of the strongest and most progressive country in the world let’s do our part to ensure everyone regardless of race, religion, gender, national origin, sexual orientation, disability or age can realize their dream; the dream that all things are possible for all people.”

INITIATIVE from P8

said an anonymous participant.

The Voice of the Patient initiative is part of the 59th MDW’s commitment to continuous process improvement and compliance. Over the last 15 months, the wing has made many significant improvements toward

that goal.

Among these is the creation of the Gateway Performance System, which drives the wing to employ innovation and teamwork and apply dignity and respect to positively affect quality, service and people-oriented outcomes. The GPS supports the wing’s mission of developing

warrior medics through patient-centered care by focusing on quality health care and services, patient safety, people and value, Mostacero said.

“Ultimately, the patient is at the top because we are striving to deliver the perfect patient experience,” she said.

To find out more information about the Voice

of the Patient initiative, contact the HRO team at 59mdw.cvo.patientfocus@us.af.mil.

Patients can volunteer for future focus group discussions and other events by returning the volunteer form, located online at <http://www.59mdw.af.mil/shared/media/document/AFD-150529-036.pdf>.

Modern military pentathlon returning to Fort Sam Houston

By Sgt. Christian A. Turner
U.S. Army North Public Affairs

The return of the modern military pentathlon means big competition for Soldiers on Fort Sam Houston.

Lt. Gen. Perry Wiggins, U.S. Army North (Fifth Army) commanding general and senior Army commander of Fort Sam Houston and Camp Bullis, tasked the Army North Community Health Promotion Board with finding a way to encourage healthy competition and camaraderie between units on Fort Sam Houston. The group suggested bringing back the military pentathlon.

"This gives us an opportunity to showcase the Soldier athletes that have talent to compete amongst other units and potentially represent the Army in the modern pentathlon at the Olympics," said Paul Kennedy, Army North health promotions officer. "This truly supports the commanding general's guidance to bring esprit de corps to Fort Sam Houston."

Fort Sam Houston has a long history with the modern pentathlon, beginning in 1898 with future President Theodore Roosevelt and the 1st United States Volunteer Cavalry, famously known as the "Rough Riders."

The unit consisted of an unorthodox group of volunteers – including cowboys and gamblers – that helped seal the victory at Kettle Hill during the Spanish-American War. Their training prior to combat consisted of the events that make up today's pentathlon.

The post once served as the national training center for the U.S. Modern Pentathlon team that produced multiple Olympic medalist in the 1950s and

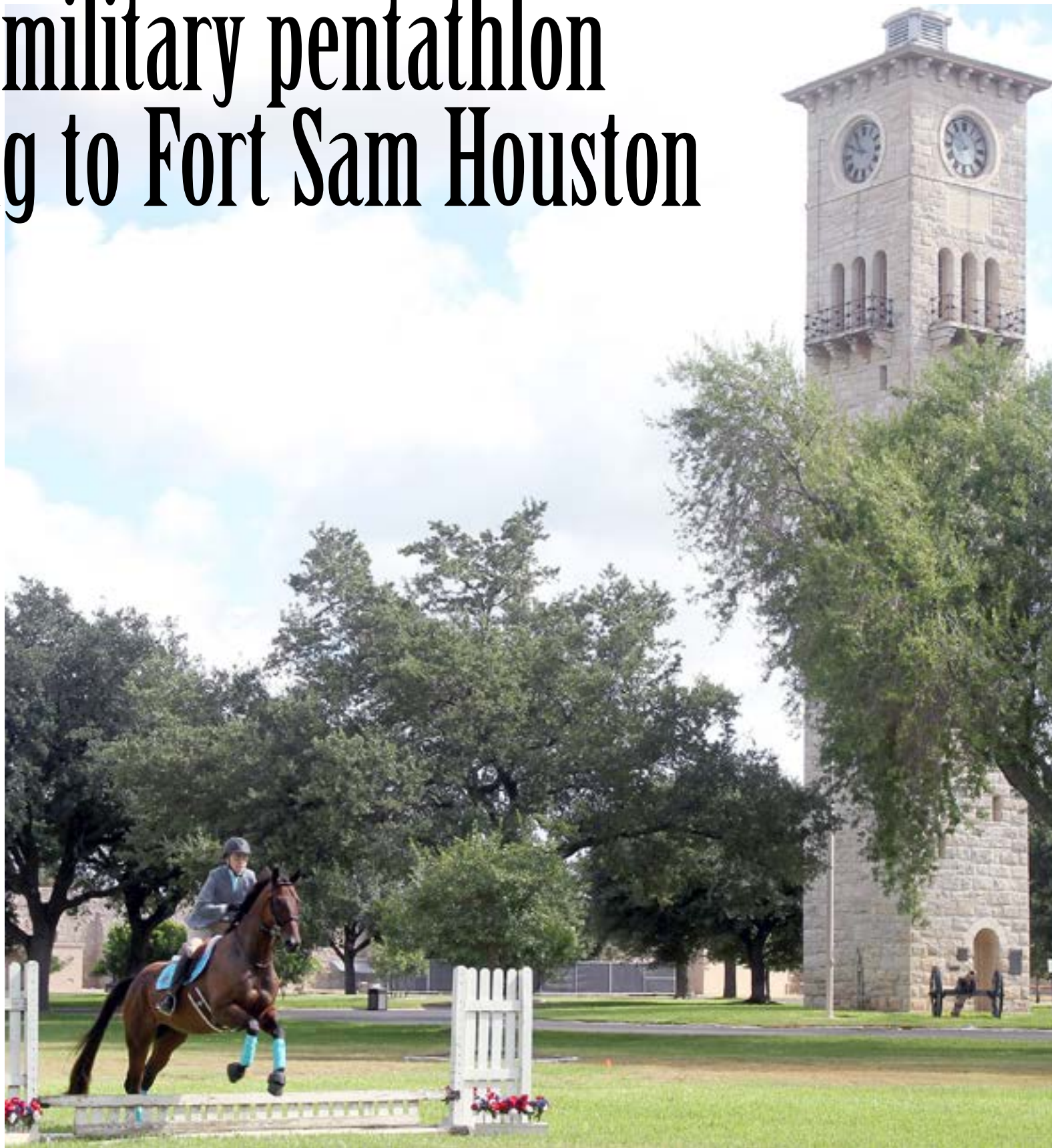


Photo by Sgt. Christian A. Turner

Fort Sam Houston Equestrian Center therapeutic riding instructor Annie Blakely demonstrates the horsemanship event of the modern pentathlon at the Army North Brigade Health Promotion meeting at the Quadrangle Sept. 2. The modern pentathlon was introduced as a way to increase esprit de corps and healthy competition amongst Army units on Fort Sam Houston.



Soldiers participate in a laser pistol demonstration at the Army North Brigade Health Promotion meeting at the Quadrangle Sept. 2. The laser pistol is a part of the run and shoot event of the modern pentathlon.



Fort Sam Houston Equestrian Center therapeutic riding instructor Annie Blakely and “Widowmaker” demonstrate the equestrian portion of the modern pentathlon at the Army North Brigade Health Promotion meeting at the Quadrangle Sept. 2. In the equestrian event, competitors will not be allowed to ride their own horses. Instead, they must “draw” a horse shortly before competing to demonstrate their horsemanship on an unfamiliar steed.



John Moreau, University of the Incarnate Word fencing coach, explains the modern pentathlon's fencing competition to Fort Sam Houston personnel in the Quadrangle Sept. 2. Moreau, former Olympian and current modern pentathlon judge, is helping Fort Sam Houston Soldiers train to be pentathletes.



Olympic hopeful Monet Moreau (left) duels with her father, John Moreau, to demonstrate the fencing portion of the modern pentathlon. Soldiers training to compete for next year's Fort Sam Houston pentathlon competition will need to master the “epee” discipline of fencing. Moreau, a former Olympian and current modern pentathlon judge as well as the University of the Incarnate Word fencing coach, is helping Fort Sam Houston Soldiers train to be pentathletes.

**Photos by
Sgt. Christian A. Turner**

1960s. San Antonio was an ideal location, given its ideal year-round weather conditions for outdoor training. The center stood for more than 40 years before relocating to Colorado Springs, Colo., in 1996.

Fifteen Army teams across post will compete in four events: fencing, run and shoot, swimming and horsemanship. Teams will be made up of four Soldiers with one competing in each event.

Teams will have ample time to prac-

tice; the first pentathlon competition isn't scheduled until November 2016. In the meantime, Fort Sam Houston will hold practice competitions for each event: swimming this November, horsemanship next March, run and shoot in May and fencing in July.

Nearby University of the Incarnate Word will partner with the post – a move that will benefit pentathlon programs.

“This is going to be a great partnership,” said UIW athletic facilities coor-

dinator Erin Galloway. “We have a big military population on campus and in our community. We are very excited to provide training to military athletes.”

Monica Fling Rowland and John Moreau, both former Olympians coaching at University of Incarnate Word, will instruct the fencing and laser pistol events.

UIW fencing and swimming athletes like Monet Moreau, a 2020 pentathlon Olympic hopeful and John's daughter,

will have access to the Fort Sam Houston Equestrian Center to practice horsemanship.

Equestrian training for UIW athletes was previously conducted in Boerne, Texas, making it difficult for athletes to train because of class schedules and distance.

Army officials said the goal is to see the pentathlon evolve into a multiservice competition and also invite foreign militaries to participate.

Changes coming to TRICARE pharmacy benefit Oct. 1

Starting Oct. 1, a new law requires all TRICARE beneficiaries, except active duty service members, to get select brand name maintenance drugs through either TRICARE Pharmacy Home Delivery or from a military pharmacy. Beneficiaries who keep using a retail pharmacy for these drugs will have to pay the full cost.

Maintenance drugs are those taken regularly for a long time, such as drugs to control blood pressure or cholesterol.

The law does not apply to drugs taken for a short time, like antibiotics, or generic drugs. Beneficiaries living overseas, or with other prescription drug coverage, are not affected.

The TRICARE pharmacy contractor, Express Scripts, is sending a letter to beneficiaries taking an affected drug, explaining their options.

Beneficiaries can contact Express Scripts at 1-877-363-1303 to see if they are affected.

After Oct. 1, beneficiaries still filling an affected drug at a retail

pharmacy will receive another letter informing them of the change to the benefit. After that, beneficiaries have one final "courtesy" fill at a retail pharmacy. If they fill at a retail pharmacy again, they have to pay 100 percent of the cost of their medication.

TRICARE Pharmacy Home Delivery is a safe, convenient and low-cost option to get maintenance drugs. You can get up to a 90-day supply, as opposed to a 30-day supply from a retail pharmacy. Beneficiaries can save up to \$176 a year for every brand name drug switched to Home Delivery.

Military pharmacies offer up to a 90-day supply of drugs at zero copay, but not all drugs are available. Check with a local military pharmacy (<http://www.tricare.mil/mtf.aspx>) to see if they carry prescriptions required.

For more information about this change to TRICARE's pharmacy benefit, visit <http://www.tricare.mil/RxNewRules>.

(Source: TRICARE)

TRICARE beneficiaries targeted by fraudulent 'secret shopper' offer

The Defense Health Agency's Office of Program Integrity has received a significant number of return envelopes from mailings by a bogus organization.

In the letter, the organization identifies itself as TRICARE SURVEY INC. These letters are being sent to TRICARE

See FRAUD, P16

Think about home safety for those with disabilities

By Ricardo S. Campos
JBSA Public Fire
and Life Safety Educator

Every morning, my wife drives to my father-in-law's home and helps her dad, age 94, get out of bed and assists him with brushing his teeth and dressing.

She'll take her father to the kitchen table, sit him down and give him his coffee and they will speak of years gone by.

She'll administer medications for him, prepare his breakfast, clean up the kitchen and schedule her dad's doctor appointment for the following week. She'll assure her dad repeatedly that everyone is OK.

With approximately 3,400 Americans dying and another 17,500 being injured in fires each year, this is a major concern for my family as we take care of my father in-law.

People with mobility, sight and hearing disabilities can significantly increase their chances of surviving a fire by practicing proven fire safety precautions.

The United States

Fire Administration encourages people with disabilities to use the following fire safety checklist to help protect themselves and their home from fire. Personal responsibility is the key to fire safety ... fire stops with you!

Understanding the risk raises the question, "Why are people with disabilities at risk?"

People with disabilities at risk:

- Decreased mobility, health, sight and hearing may limit a person's ability to take the quick action necessary to escape during a fire emergency.

- Depending on physical limitations, many of the actions an individual can take to protect themselves from the dangers of fire may require help from a caretaker, neighbor or outside source.

It is vitally important to make and practice escape plans. In the event of a fire, time is the biggest enemy and every second counts.

- Involve the assistance of a building

manager, family member or an entrusted friend when practicing your fire escape plan.

- Know at least two exits from every room.

- If you use a walker or wheelchair, check all exits to make sure they get through the doorways.

- Practice opening locked or barred doors and windows.

- When a fire occurs, do not waste any time saving property. Leave the home immediately. Once out, stay out.

Home fire evacuation plan:

People with mobility disabilities should be encouraged to have their bedroom on the ground floor and as close as possible to an exit.

- If necessary, have a ramp available for emergency exits.

- Unless instructed by the fire department, never use an elevator during a fire.

- Be sure your street address is clearly marked and visible from the street.

- Know which local emergency services



Photo courtesy <http://www.disability.gov>

Working smoke alarms installed on every level of your home dramatically increase your chances of survival.

are available and have those numbers posted or memorized.

Smoke alarms:

Working smoke alarms installed on every level of your home dramatically increase your chances of survival.

- Smoke alarms with a vibrating pad or flashing light are available for people with hearing disabilities.

ties. In addition, smoke alarms with a strobe light outside the house can catch the attention of neighbors or others who might pass by.

- Smoke alarm batteries need to be tested every month and changed at least once a year.

Notify first responders of your needs:

Contact your local fire department on a non-emergency telephone

number and explain your needs.

- The local fire department will be able to help with an escape plan and may also be able to perform a home fire safety inspection, as well as offer suggestions about smoke alarm placement and maintenance.

- Ask first responders to keep your needs information on file.

Remember to include everyone in planning and practicing home fire drills. People with disabilities can provide input on the best methods for them to escape.

To learn more about assisting people with disabilities visit the National Fire Protection Association's website at <http://www.nfpa.org/education>; the government's website for information on disability programs and services nationwide at <http://www.disability.gov>; or contact the fire prevention offices at Joint Base San Antonio-Fort Sam Houston at 221-2727, JBASA-Lackland at 671-2921 or JBASA-Randolph at 652-6915.

Did you know? One of the best things about ICE is that people can let service providers know when they do a great job, not just for poor service. It takes 5 minutes or less to submit a comment at <http://ice.disa.mil>.



Air Force emergency managers emphasize planning during National Preparedness Month

By Jess Echerri
Air Force Civil Engineer
Center Public Affairs

September is National Preparedness Month and the Air Force Civil Engineer Center is reminding people to plan for emergencies.

With a theme of “Don’t wait. Communicate. Make your emergency plan today,” this year’s focus is on emergency planning, to include development of evacuation plans and family communication plans in the event of separation.

“Preparedness is the shared responsibility of our entire nation,” said Deputy Secretary of Defense Robert Work. “Preparing individuals, families, components and installations for disasters and emergencies – from flooding to an active shooter – ensures the strength of our workforce and our ability to continue to safeguard U.S. security.”

During the month, each week will be focused on planning for a specific hazard: flooding in week one, wildfires in week two, hurricanes in week three and power outages in week four.

The month culminates in National PrepareAthon Day Sept. 30.

“September 1 through 29 is more for passing out information through pamphlets or commander’s calls or other avenues bases might use,” said James Martin, the

emergency management education and training analyst in AFCEC’s Readiness Directorate. “On National PrepareAthon Day, Sept. 30, we want to see bases actually conducting an activity. It could be table top exercises, drills or a wide range of other activities.”

To lessen the workload on base-level emergency management offices, emergency management experts at AFCEC put together a marketing guide with links to social media posts, graphics and techniques to disseminate information effectively throughout the month.

“The emphasis should be to increase the comprehensiveness of your campaign, engaging all members of your community and highlighting the importance of preparedness, not just during National Preparedness Month, but year round,” said Harley Connors, AFCEC emergency management division chief.

All Air Force bases are encouraged to participate during National Preparedness Month and National PrepareAthon Day.

“It’s important to have time set aside that focuses on preparedness because when people have the right information, they generally do the right thing when the real emergency happens,” Martin said. “It literally translates into saving lives.”

Department of Defense: Preparedness vital to defense readiness

By Terri Moon Cronk
DOD News, Defense Media Activity

September is National Preparedness Month and while preparedness calls for year-round attention, it is a good opportunity to remind Department of Defense personnel and their families to be prepared at all times to respond quickly to disasters and emergencies, said the acting assistant secretary of defense for homeland defense and global security.

The scope of national security readiness includes being prepared for any type of crisis in the workplace and at home, Tom Atkin said in a recent interview with DOD News.

National Preparedness Month culminates Sept. 30 with America’s Preparathon! Day, which Atkin described as a “day of action” for the DOD workforce and families to exercise their emergency plans.

This year’s national preparation theme is, “Don’t Wait. Communicate. Make Your Emergency Plan Today.”

“Preparedness is the shared responsibility of our entire nation,” Deputy Defense Secretary Bob Work noted in an Aug. 21 DPD-wide memorandum.

“Preparing individuals, families, components and installations for disasters and emergencies – from flooding to an active shooter – ensures the strength of our workforce and our ability to continue to safeguard U.S. security,” Work said in the memo.

The deputy defense secretary noted that national preparedness campaigns provide a “recurring opportunity” to take action before a crisis, “which contributes to fostering a culture of preparedness and to strengthening our resilience.”

The DOD preparedness campaign encourages personnel and families to participate this month in three key ways:

- Take action: Know your



Photo by Army 1st Lt. Max Perez

Texas Army National Guardsmen working with local first responders rescue three people from a stalled vehicle stuck in a low water crossing May 26 near Granbury, Texas. Texas Guardsmen rescued more than 100 people in need during flooding across the state. They are assigned to the 111th Engineer Battalion.

hazards, create an emergency communications plan and build an emergency kit;

- Be counted: Have your organization complete the DOD survey at <http://www.defense.gov/prepare> and register your action at <http://www.ready.gov/prepare>; and

- Spread the word: Tell others about your actions and encourage them to take part.

In the work environment, employees must be aware of evacuation routes, shelters, and have a ready-to-go kit, Atkin said, adding that personnel can plan for emergencies with supervisors and co-workers.

And when DOD personnel are assured their families are prepared at home for a crisis, it adds to mission readiness, he said.

Families should prepare by keeping a kit with 72 hours worth of food, water, medications and up-to-date essentials, such as flashlight batteries, he said, adding that the kit should

be kept in an easy-to-access place.

Supplies and necessities should be ready to go in a moment’s notice for each family member and every pet at home, Atkin advised.

“The reality is in a natural disaster, families will have to care for themselves the first 72 hours,” he said.

Other details to consider are having gas in the car, Atkin added.

Making advance plans for pet care is part of family preparedness, to keep them safe and secure, with plenty of food, water and medications as needed, he said.

Family preparedness planning should also include communicating with relatives, friends and the service member’s chain of command, Atkin said.

“Preparedness has a much broader scope,” than preparing for those in the same household, he said. “And know what they’re doing, too.”

Be prepared before a power outage hits

The biggest power outage in U.S. history occurred on August 14, 2003, leaving roughly 50 million people without power. Power outages, or blackouts, can happen anywhere, and to anyone, so being prepared is important.

Before a power outage

To prepare for a power outage, do the following:

- To begin preparing, you should build an emergency kit (<http://www.ready.gov/build-a-kit>) and make a family communications plan (<http://www.ready.gov/family-communications>).

- Follow energy conservation measures to keep the use of electricity as low as possible, which can help power companies avoid imposing rolling power outages.

- Fill plastic containers with water and place them in the refrigerator and freezer if there's room. Leave about an inch of space inside each one, because water expands as it freezes. This chilled or frozen water will help keep food cold during a temporary power outage, by displacing air that can warm up

quickly with water or ice that keeps cold for several hours without additional refrigeration.

- Be aware that most medication that requires refrigeration can be kept in a closed refrigerator for several hours without a problem. If unsure, check with your physician or pharmacist.

- Keep your car tank at least half full because gas stations rely on electricity to power their pumps.

- Know where the manual release lever of your electric garage door opener is located and how to operate it. Garage doors can be heavy, so know that you may need help to lift it.

- Keep a key to your house with you if you regularly use the garage as the primary means of entering your home, in case the garage door will not open.

During a power outage

- Use only flashlights for emergency lighting. Never use candles during a power outage or power outage due to extreme risk of fire.

- Keep refrigerator and freezer doors closed to keep your food as fresh as possible. If you

must eat food that was refrigerated or frozen, check it carefully for signs of spoilage.

- Turn off or disconnect appliances, equipment (like air conditioners) or electronics in use when the power went out. Power may return with momentary "surges" or "spikes" that can damage computers as well as motors in appliances like the air conditioner, refrigerator, washer or furnace.

- Do not run a generator inside a home or garage.

- Do not connect a generator to a home's electrical system. If you use a generator, connect the equipment you want to run directly to the outlets on the generator.

- Listen to local radio and to a battery- or generator-powered television for updated information.

- Leave on one light so that you'll know when your power returns.

- Use a standard telephone handset, cellular phone, radio or pager if your phone requires electricity to work, as do cordless phones and answering machines.

Use the phone for emergencies only. Listen to

a portable radio for the latest information.

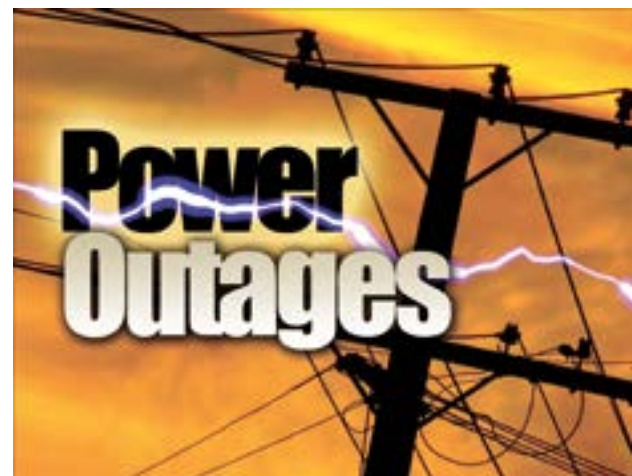
- Do not call 9-1-1 for information – call only to report a life-threatening emergency. Use the phone for life-threatening emergencies only.

- Take steps to remain cool if it is hot outside. In intense heat when the power may be off for a long time, consider going to a movie theater, shopping mall or "cooling shelter" that may be open in your community. If you remain at home, move to the lowest level of your home, since cool air falls. Wear lightweight, light-colored clothing. Drink plenty of water, even if you do not feel thirsty.

- Put on layers of warm clothing if it is cold outside. Never burn charcoal for heating or cooking indoors. Never use your oven as a source of heat. If the power may be out for a prolonged period, plan to go to another location (the home of a relative or friend, or a public facility) that has heat to keep warm.

- Provide plenty of fresh, cool water for your pets.

- Eliminate unneces-



sary travel, especially by car. Traffic signals will stop working during an outage, creating traffic congestion.

- Remember that equipment such as automated teller machines and elevators may not work during a power outage.

After a power outage

Throw out unsafe food:

- Throw away any food that has been exposed to temperatures 40 degree Fahrenheit (4 degrees Celsius) for two hours or more or that has an unusual odor, color or texture. When in doubt, throw it out!

- Never taste food or rely on appearance or odor to determine its safety. Some foods may look and smell fine, but if they have been at room temperature too

long, bacteria causing food-borne illnesses can start growing quickly. Some types of bacteria produce toxins that cannot be destroyed by cooking.

- If food in the freezer is colder than 40 degrees Fahrenheit and has ice crystals on it, you can refreeze it.

- If you are not sure food is cold enough, take its temperature with the food thermometer. Throw out any foods (meat, poultry, fish, eggs and leftovers) that have been exposed to temperatures higher than 40 degrees Fahrenheit (4 degrees Celsius) for 2 hours or more, and any food that has an unusual odor, color or texture, or feels warm to touch.

(Source: <http://www.ready.gov>)

Military Leader Transition Seminar

Friday, 8 a.m. to 5 p.m., Military & Family Readiness, building 2797. Studies show two reasons why transition organizations struggle to hire service members: translating military experience to civilian terms and transitioning veterans into a civilian workforce. Learn key skills that address these challenges during a post-military career-planning seminar. This summit is part of a larger initiative to encourage military members to think strategically and equip them with advice and tools needed for a successful transition into the civilian workforce well in advance of their separation or retirement dates. Registration runs from 7:15-7:45 a.m. Call 221-1213.

4 Lenses™ Discovery Workshop

Friday, 9 a.m. to noon, Military & Family Readiness, building 2797. Understanding personality theory can help with motivating reluctant people, improving communication, strengthen leadership abilities and reducing stress and conflict. This workshop provides an insight to the way people think, feel and act. Call 221-2380.

"Boys Of Broadway" At Harlequin Dinner Theatre

Friday through Oct. 10, bar and lounge open at 5:30 p.m., box office open at 6 p.m., dinner from 6:15-7:30 p.m., curtain at 8 p.m., Harlequin Dinner Theatre, building 2652. Performances on Thursdays, Fridays and Saturdays. "Boys On Broadway" is a Broadway-style

musical revue highlighting traditional and contemporary songs of Broadway's leading men. Tickets are \$32 for military E5 and up, \$25 for military E1 through E4, \$35 for civilians, \$18.50 children 12 and under, \$28 students and \$20 for show only. Box office hours are noon to 3 p.m. Tuesdays through Fridays and 1-3 p.m. Saturdays.

This Is Your Voice: Leadership Is Listening

Can you identify a critical issue affecting the readiness or morale of Joint Base San Antonio? The Armed Forces Action Plan is your voice to leadership. All service members, family members, retirees, Reservists, National Guardsmen and Department of Defense civilians should submit ideas, suggestions and quality of life issues for the 2015 AFAP conference no later than Tuesday. Be a part of this powerful process. To volunteer or submit an issue, email usaf.jbsa.502-abw.mbx.502-fss-volunteer@mail.mil or visit <http://www.jbsa.mil/Resources/MilitaryFamilyReadiness/ArmedForcesActionPlan>.

Helping Us Grow Securely Playgroup

Tuesdays, 10 a.m. to noon, Middle School Teen Center, building 2515. Parents and their children, ages 5 and under are welcome to join fun with an interactive playgroup. Registration not required. Call 221-2418.

Army Pre-Separation

Tuesdays through Fridays, 8:30-11:30 a.m., Military & Family Readiness, building 2797. Army patrons separating are encouraged to begin the process 18 months prior to their separation date. This counseling is coordinated through the Soldier for Life Program. Call 221-1213.

Accessing Higher Education

Monday-Wednesday and Sept. 28-30, 7:30 a.m. to 5 p.m., Education Center, building 2408. A three-day track for those pursuing higher education. Service members will review education requirements that support their personal goals. Topics include: achieving academic success, research and comparing institutions and financials. Call 221-1213.

Car Seat 101

Monday, 9-11 a.m., Military & Family Readiness, building 2797. Review the basics of car seat installation and make sure your child is seated properly within their car seat. This class is required before attending the safety seat clinic. Call 221-2418.

Social Media: Staying Tech Savvy

Monday, 11 a.m. to 12:30 p.m., Military & Family Readiness, building 2797. In the digital world, it's important to stay informed. Review apps, lingo, trending social media sites and the permanent impact it can have on your life. Call 221-2418.

Briefer Training Course

Tuesday, 8 a.m. to 3:30 p.m., Military & Family Readiness, building 2797. Improve your briefing skills and techniques. Course modules include introductions to effective briefing, sharpening your briefing skills and making the briefing your own. Call 221-2380.

Interviews, Dress For Success

Wednesday, 9-11 a.m., Military & Family Readiness, building 2797. Take pride in your appearance and follow expected guidelines of what to wear and be prepared for your

interview. Discover ways to make a connection. Call 221-2380.

Coffee Talk EFMP Support Group

Wednesday, noon to 1 p.m., Military & Family Readiness, building 2797. Join us for a casual dialogue to share helpful resources and ways to overcome challenges. Call 221-2705.

Mandatory Post-Deployment Briefing

Wednesdays, 1-3 p.m., Military & Family Readiness, building 2797. Service members returning from deployment are required to attend a resiliency training discussing ways to deal with the stressors associated with post-deployment and reintegrate back into the home life. Call 221-2418.

Sponsorship Application

Wednesday, 2-3 p.m., Military & Family Readiness, building 2797. Mandatory training for military sponsors. Sponsors serve as the link between a newcomer and their unit, installation and new community. Learn about roles and responsibilities. The Electronic Sponsorship Application & Training is available at <http://apps.militaryonesource.mil/ESAT> and provides registration, training certificates, sponsorship duty checklist, newcomer needs assessment, welcome packet and links to important Department of Defense and service relocation websites. Call 221-2705.

Spouse Information Fair

Thursday, 9 a.m. to noon, Military & Family Readiness, building 2797. Spouses, service members and civilians new to Joint Base San Antonio or looking to connect with local military agencies are welcome. Meet with more than 20 local military agencies and learn

about services offered, including Air Force and Army civilian personnel, legal assistance, exchange and commissary, Spouses Club, Medical/Tricare, FSS/MWR, School Liaison, Youth Programs, M&FRC and others. Registration not required. Call 221-2705.

Safety Seat Clinic

Thursday, 9:30-11:30 a.m., by appointment only at the Fire Station, building 3830. Prerequisite is Car Seat 101 class. Make sure your child is safe while traveling on the road by ensuring restraints are properly installed and fit the child appropriately. Child and vehicle must be present. Call 221-2418.

Troops To Teachers

Thursday, 1-3 p.m., Military & Family Readiness, building 2797. Troops to Teachers assists eligible military personnel in pursuit of teaching as a second career. Topics include counseling, referral, placement assistance and employment opportunities. Call 221-1213.

Newcomer's Orientation

Sept. 18, 8 a.m. to noon, Military & Family Readiness, building 2797. Mandatory in-processing briefing for all military and civilian personnel newly assigned to JBSA. Service members must coordinate with their Unit personnel coordinator or commander support element. Spouses are welcome to attend, all patrons must be seated by 7:50 a.m. Call 221-2705.

EFMP Family Movie Day

Sept. 18, 2-4 p.m., Military & Family Readiness, building 2797. Exceptional Family Member Program families and friends are invited to watch "The Nut Job" in a sensory-friendly environment. Call 221-2705.

Applied Suicide Intervention Skills Training For Trainers

Sept. 21-25, 9 a.m. at the Soldier and Family Assistance Center, building 3639. The Applied Suicide Intervention Skills Training For Trainers, or ASIST T4T, workshop is open to active duty military. The training workshop equips personnel with the ability to facilitate/train 2-day ASIST workshops, also called ASIST T2T. ASIST T4T certification requires the individual to complete this five-day course. Upon completion, the candidate will also be required to conduct three ASIST two-day workshops within one year to receive trainer status. Due to the demand of the T4T Workshop and limited seating, all applications will be evaluated upon receipt. Confirmation of registration in the workshop will be sent via email no later than one week prior to the start of the workshop. For more information and to register call 221-2093.

Children In The Middle

Sept. 21, 28, noon to 4 p.m., Military & Family Readiness, building 2797. This two-part series must be attended in order and meets the Texas court ordered requirements for divorcing parents. Topics focus on the children growing up between two homes and provides separating parents with specific strategies on how to handle the unusual circumstances. Call 221-2418.

Trauma In The Unit

Sept. 22, 9 a.m. to noon, Military & Family Readiness, building 2797. Provides information and guidance to leaders on how to help service members, families and units understand and respond when traumatic events occur. Call 221-2418.

FRAUD from P12

beneficiaries across the country and the bogus company is attempting to solicit beneficiaries to be "secret shoppers" for TRICARE. TRICARE does not employ "secret shoppers."

Enclosed in the mailing is a form letter claiming to be a solicitation for

a position as a trainee independent private evaluator, a counterfeit TRICARE WPS check for \$3,775 and an instruction/survey form on how the beneficiary gets the check authorized through the company's agent via phone.

Beneficiaries are directed to cash the check at their local bank, retain

a percentage of the money and utilize the remaining amount to purchase six "Vanilla Reload" cards at \$500 apiece at various stores across the country.

The "secret shopper" is instructed to provide the company agent with the card numbers once they are bought, complete the survey and mail it and then wait for the

next assignment.

Once money has been loaded onto the card however, they are immediately available for transfer and the bogus company zeros out the monies on the cards.

DHA PI strongly advises beneficiaries not to participate in this alleged "secret shopper" effort. TRICARE

will identify the checks as counterfeit through a positive check controls process and return them to the bank in which they were drawn from as non-cashable.

However, the potential exists for the beneficiary to be personally liable for the entire \$3,775 in restitution to the bank.

For anyone receiving

a letter like this, DHA PI advises people not to contact the company or attempt to cash the counterfeit check, but to submit a fraud hotline report to DHA PI by clicking the "Report Health Care Fraud" button at <http://www.health.mil/fraud>.

(Source: <http://www.tricare.mil>)

CHILE from P1

intelligence, engineers, science and technology and more, participating in exercises and activities related to training and education.

Col. Jose Urrutia, Chilean partner nation liaison officer with Army South, knows the positive impact cross training and the exchange of information between Chile and the U.S. military has on the region's security.

"When you see the big picture about the relations and exchanges between both armies you see a relation of friendship, mutual interest, confidence, evolution and growth of all of them based on security cooperation," Urrutia said. "Because of that, we can say that it's a relationship that produces a win-win value for both."

During the Santiago seminar, participants from both countries shared and discussed their capabilities on civil-military operations and integration and synchronization with inter-organizational

partners to improve interoperability in joint, interagency, and civil government environments.

Some of the topics discussed during the professional development exchange were the Armed Forces of Chile's responsibilities and capabilities during a disaster; protection of public health during a disaster; Red Cross operations, earthquake preparedness, response to natural disasters in Texas, chemical biological radiological and nuclear capability to respond to mass-scale disasters and space technology capabilities that can support humanitarian assistance and disaster relief operations.

As an expert in space technology capabilities, Roberts explained to the seminar participants how space technology capabilities can support humanitarian assistance and disaster relief operations.

"Army South Space Operations has received approval from U.S. Southern Command to create a site for Civil-Military Relations Professional



Lt. Col. Larry Roberts (left), chief of space and special technical operations, U.S. Army South, briefs attendees of the Civil-Military Relations Professional Development Exchange seminar in Santiago, Chile, about the space technology capability during humanitarian assistance and disaster relief operations. The seminar, which took place Aug. 16-21, was intended to bring together U.S. Army and Chilean military to discuss tactics, techniques and procedures during humanitarian assistance/disaster relief operations.

Courtesy photo

Development Exchanges on the All Partner Access Network to support all partner nations participating to conduct continuous collaboration to further strengthen what was developed and shared at each conference," Roberts said.

Attendees also had an opportunity to participate in a practical exercise on collaboration of effective response efforts in an event of a volcano,

earthquake and infectious disease outbreak which opened up to engaging dialogue between the attendees, briefers and staff.

As one of the participants in the seminar, Urrutia believes attendees from Chile benefited from the information they received and feels it will help them support their country in disaster relief operations.

"Humanitarian assistance and disaster

relief nowadays is a great interest in the Chilean army since we had huge earthquakes, big fires, vast zones flooded, and volcano eruptions just in the last two years," Urrutia said.

"During the conference, the topic of disaster relief and how both U.S. and Chilean armies get involved and assist in affected areas sparked a very enthusiastic and lengthy interaction among

the participants, from which both parties gained a lot of knowledge," Urrutia added.

According to Roberts, the seminar was a success and the Chilean army is looking to expand the aperture of the exchange next year and invite additional nations in the region as well as inter-governmental organizations within the country that did not attend the conference this year.

News Briefs

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the idea is submitted, an API Idea Cell analyst will review the idea. Depending on the content, the idea will be categorized and processed. If necessary, the API Idea Cell may contact you to request more information. Submitters can ask their local Manpower Office for assistance with documentation of process improvement ideas, to ensure current method, proposed method, expected benefits and cost of implementation are fact-based proposals. For assistance with the documentation of process improvement ideas, contact the 802nd Force Support Squadron Manpower Office at 652-8953 or 652-8954.

Air Force Military Ambassador Program Accepting Applications

Two articulate, self-confident Air Force, Air Force Reserve or Air National Guard members are needed to serve as military ambassadors at community events to represent Joint Base San Antonio in 2016. One male and one female ambassador are chosen each year to represent the Air Force at many community events and promote the military's commitment and relationship with the local community around South Texas. All E-4 to E-7 Air Force members, who are 21 years old and older and assigned to Joint Base San Antonio are eligible to apply to be a military ambassador. Once nominated, candidates appear before a selection board of chief master sergeants and former Air

Force ambassadors. The selection panel reviews applications, conducts interviews and selects the ambassadors. Nomination deadline is Oct. 16. For more information, call 808-0002.

Westover Medical Home Open

The Westover Medical Home on the Northwest side of San Antonio is open. TRICARE beneficiaries who want to enroll or move to the new Westover location can visit <https://www.humanamilitary.com> or call 800-444-5445. For beneficiaries age 65 or older, call 808-2721 for more information. People are encouraged to call soon as enrollment opportunities are limited. Beneficiaries who sign up for care at the new clinic will need to see their provider at the Fort Sam Houston Clinic or the Taylor Burk Clinic at

Camp Bullis until the clinic opens. The 12,500-square-foot community-based medical home will house 13 board-certified providers with varied backgrounds and a multitude of experience to serve their patients. People will also have the benefits of on-site laboratory capabilities and a drive-through pharmacy. The address is 10010 Rogers Crossing, which is located off State Highway 151 and Westover Hills Boulevard.

Taylor Burk Clinic Taking Enrollments

The Taylor Burk Clinic located at Joint Base San Antonio-Camp Bullis provides accessible, high quality healthcare to active duty military, their dependents, and other TRICARE Prime beneficiaries. A scope of comprehensive services are provided, including acute illness care,

preventive health maintenance, health promotion and wellness, education and counseling, and specialty consultation and referral with a 97 percent overall patient satisfaction rate. Hours are 7 a.m. to 4 p.m. Monday-Friday. Call 916-9900 to make an appointment. If you would like to switch your primary care manager, call Humana Military at 800-444-5445.

North New Braunfels, Harry Wurzbach West Access Control Points Open In Mornings

The North New Braunfels Access Control Point, located by the Quadrangle, and the Harry Wurzbach West ACP, also known as the Pershing Gate, are open from 5:30-8:30 a.m. Mondays through Fridays, except on federal holidays, according to the 502nd Security Forces Squadron.

Closure of Ludington Road

Ludington Road, located in the industrial section of the southeast corner of Joint Base San Antonio-Fort Sam Houston, will be closed through Feb. 10, 2016, to rebuild the road. Access to the Army South organizational parking area will be from Parker Hill Road through the 502nd Civil Engineer Squadron Operations storage yard. Access to the Tactical Equipment Maintenance Facility, building 4115, is restricted to contractors only.

New Joint Base San Antonio Website

The Joint Base San Antonio website has a new look and includes easier access to family-related resources. Visit the new site at <http://www.JBSA.mil>.

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